

IOM Releases Obesity Prevention Report

Washington, DC, May 14, 2012- Last week, the Institute of Medicine (IOM) released the report “Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation.” It highlights the importance of obesity prevention to the future of the country as obesity affects overall health, health care costs, and ultimately the productivity of the nation. The report outlines the following goals for obesity prevention and provides recommendations on how to achieve these goals:

- Integrate physical activity every day in every way
- Market what matters for a healthy life
- Make healthy foods and beverages available everywhere
- Activate employers and health care professionals
- Strengthen schools as the heart of health

[Click here](#) to download the full report.

Click here for the link.

<http://www.iom.edu/Reports/2012/Accelerating-Progress-in-Obesity-Prevention.aspx>